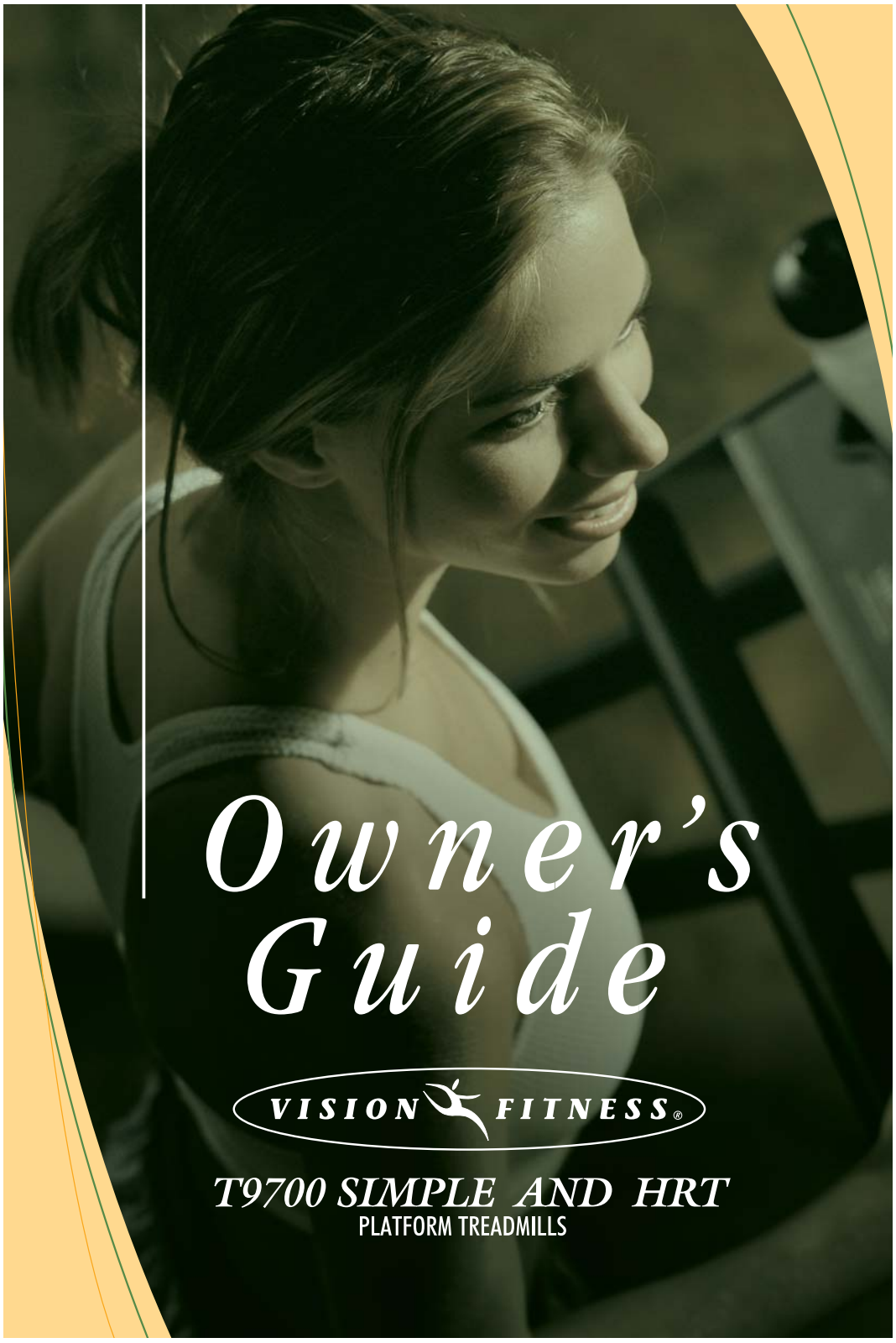

Owner's Guide

VISION FITNESS®

T9700 SIMPLE AND HRT

PLATFORM TREADMILLS

*C*ongratulations on choosing a VISION FITNESS Treadmill. You've taken an important step in developing and sustaining an exercise program! Your Treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Treadmill can improve the quality of your life in so many ways…

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Treadmill in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Treadmill will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service to your Treadmill should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required.

ALL MODELS

T9700 SIMPLE

T9700 HRT

GENERAL

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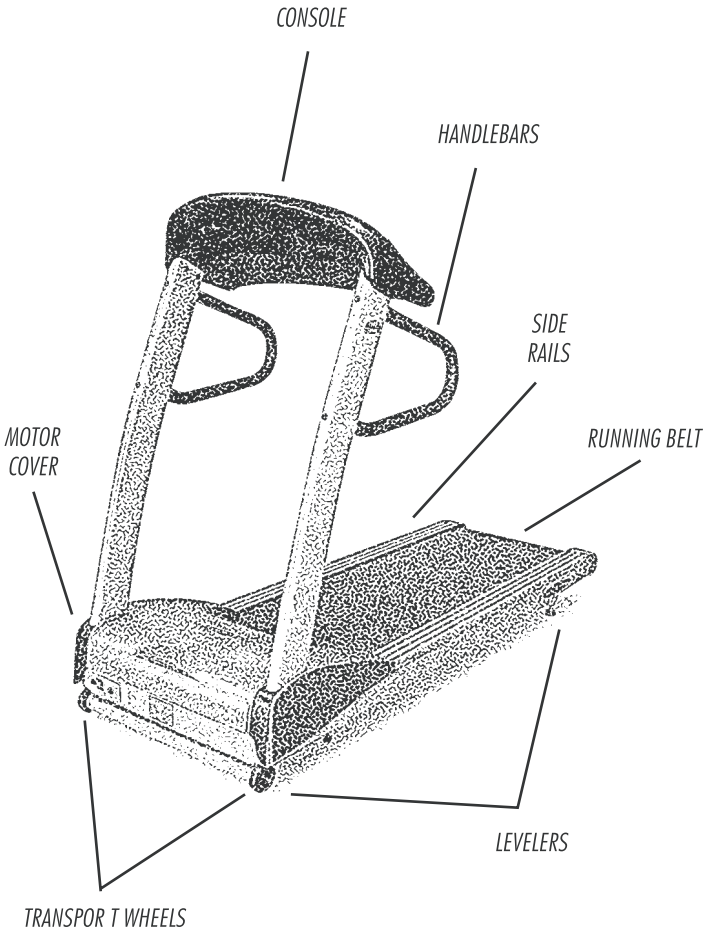

CONSOLE
HANDLEBARS
SIDE RAILS
MOTOR COVER
RUNNING BELT
LEVELERS
TRANSPOR T WHEELS

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:

Read all instructions before using this exercise product.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

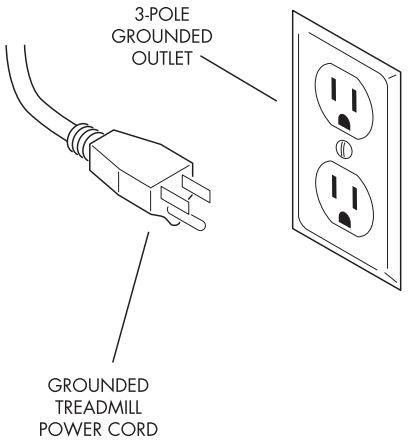
- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Treadmill to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your VISION FITNESS Treadmill before moving it.

CHILDREN

- Keep children off your VISION FITNESS Treadmill at all times.
- When the VISION FITNESS Treadmill is in use, young children and pets should be kept at least 10 feet /3 meters away.

POWER REQUIREMENTS

This product is for use on a nominal 220-volt circuit, and has a grounding plug that looks like the plug illustrated below. An improper connection of the equipment grounding conductor can result in a risk of an electrical shock. Do not modify the plug that was provided with this product. If this plug does not fit into your outlet, have a qualified electrician install the proper outlet. Adapters, extension cords and surge protectors should not be used with this product. Also, a GFI protected receptacle should not be used. It is recommended to use a 20 amp dedicated circuit.



OTHER SAFETY TIPS FOR YOUR VISION FITNESS TREADMILL

CAUTION!: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

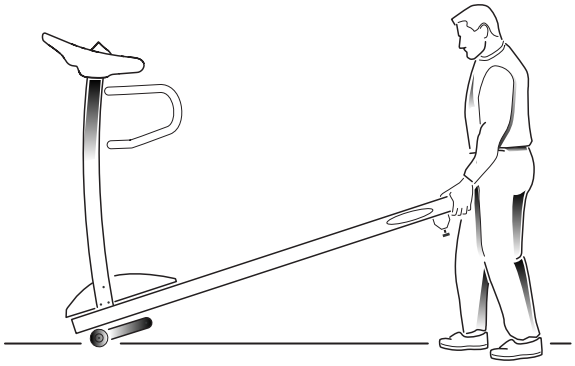
- Do not wear clothing that might catch on any part of the Treadmill.
- Read this Owner's Guide before operating this Treadmill.

CLEANING

- Clean with soap and slightly damp cloth only; never use solvents.

MOVING YOUR VISION FITNESS TREADMILL

Your VISION FITNESS Treadmill has a pair of transport wheels built into the front legs. To move, firmly grasp the back end of the frame, carefully lift and roll.
CAUTION: Our Treadmills are well-built and heavy, weighing up to 300 lbs / 136kgs ! Use care and additional help if necessary.



PLACEMENT IN YOUR HOME

It is important that you place your Treadmill in a comfortable and inviting room. Your Treadmill is designed to use minimal floor space. Many people will place their Treadmills facing the TV or a picture window. If at all possible, avoid putting your Treadmill in an unfinished basement. To make exercise a desirable daily activity for you, the Treadmill should be in an attractive setting.

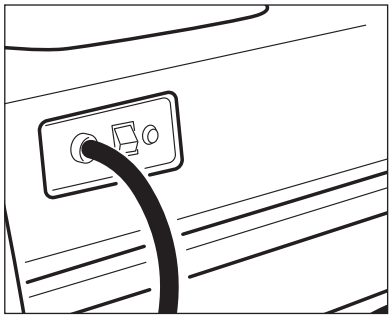
NOTE: If you place your Treadmill facing out from a wall, you should leave 3 feet / 1 meter between the wall and the Treadmill to ensure safe operation.

LEVELING

The Treadmill should be level for optimum use. Once you have placed the Treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the back of the Treadmill frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly. Once you have leveled the Treadmill, lock the levelers in place by tightening the nuts against the frame.

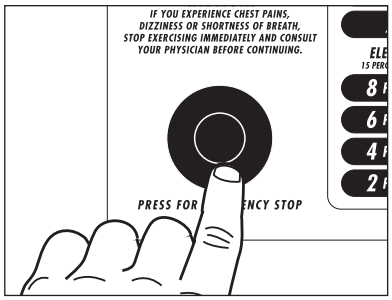
POWER

Ensure that your Treadmill is properly connected to a power outlet, then turn on the Power switch, located at the front of the main frame.



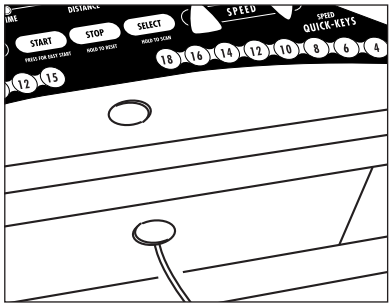
EMERGENCY STOP

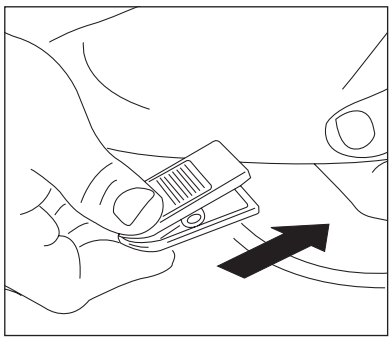
If at any time you need to stop the Treadmill quickly, simply press the red Emergency Stop button. This will instantly cut all power and the Treadmill will come to a stop. To resume your workout, you will need to re-enter any data.


IF YOU EXPERIENCE CHEST PAINS, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.
PRESS FOR

SAFETY MAGNET

Your VISION FITNESS Treadmill will not start unless the Safety Magnet is inserted into the circle in the console overlay. You should attach the clip end to your clothing. If at any time you need to stop the Treadmill quickly simply pull the Safety Magnet off the console. This will cut all power to the Treadmill and it will come to a complete stop. To resume your workout, place the Safety Magnet back in place. This will send you back to the start-up mode.

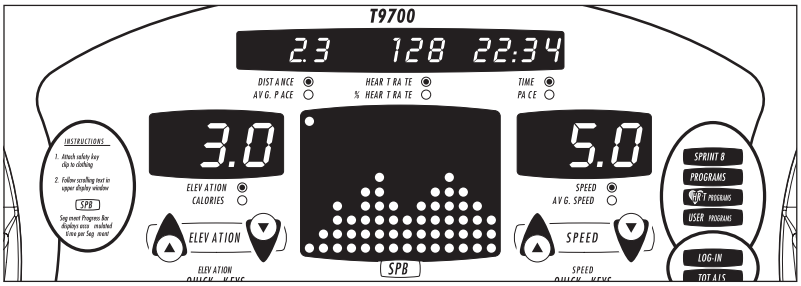




T9700HRT & SIMPLE FEEDBACK DISPLAY

ALPHANUMERIC MESSAGE CENTER

This is a display that will scroll the operation instructions in the top center display window. It will also display your feedback when the LED next to the appropriate word is lit.



DISTANCE

Shown as Miles or Kilometers. View Distance traveled during workout.

AVG PACE

Shown as Time (minutes:seconds). Equals accumulated time divided by accumulated distance.

HEART RATE

Shown as Beats-per-Minute. You can monitor your Heart Rate at any time during a workout by using the Heart Rate Chest Strap or gripping the Heart Rate Sensors on the front handlebar.

% HEART RATE

Displays percentage of maximum heart rate.

TIME

Shown as Minutes:Seconds. View the Time remaining or the Time elapsed in your workout.

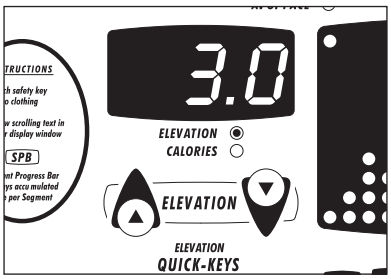
PACE

Shown as Time (Minutes:Seconds) required to travel 1 mile at current Speed.

T9700HRT & SIMPLE FEEDBACK DISPLAY

ELEVATION

Shown as percentage of incline, Elevation is visible in the left-hand LED window. Indicates how steeply inclined the running surface is, to simulate walking/running on a hill.



CALORIES

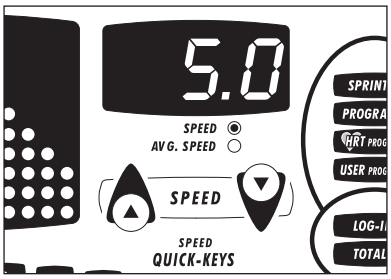
Shown as estimated calories burned during workout.

SPEED

Shown as MPH or KPH, Speed is visible in the right-hand LED window. Indicates how fast the running surface is moving, to simulate outdoor walking/running.

AVG SPEED

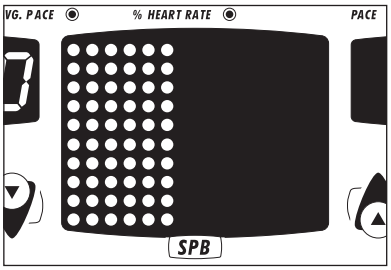
Shown as MPH or KPH. Equals accumulated distance plus elapsed



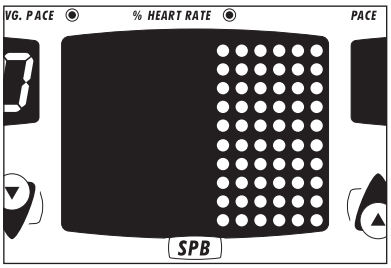
T9700HRT & SIMPLE FEEDBACK DISPLAY

PROFILE MATRIX WINDOW

The Left dots #1-6 will show an Elevation Profile in 6 segments in ORANGE. This profile is not an exact representation of the elevation profile, but just a bar graph. The profile will scroll to the left during operation.



The Right dots #1-6 will show a Speed Profile in 6 segments in RED. This profile is not an exact representation of the speed profile, but just a bar graph. The profile
will scroll to the left during operation.

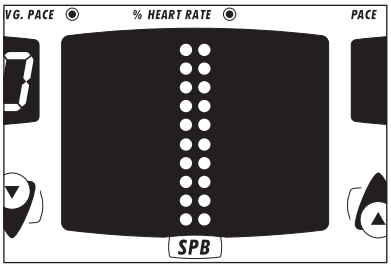


(continued on next page.)

T9700HRT & SIMPLE FEEDBACK DISPLAY

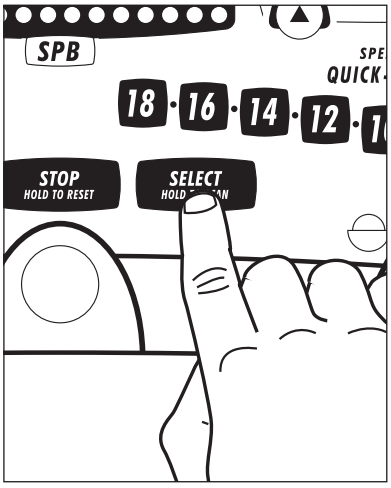
SPB-SEGMENT PROGRESS BAR

The center 2 columns on the dot matrix are the SPB (Segment Progress Bar). These two bars represent the accumulated time per segment. Each program has 20 segments. The SPB takes the segment time and divides it into 10 vertical dots. More dots appear as you progress in each segment. When the segment is complete the SPB starts over.



SCAN FUNCTION

To scan the data during your workout, simply press the SELECT button. To continuously Scan, press and hold until the Console doublebeeps (about 2 seconds.) For example: if your workout is 20 minutes long, each segment is one minute. The SPB will divide the 1 minute into 10 dots, or 6 seconds per dot. The dots would clear and start counting up as each segment is complete.



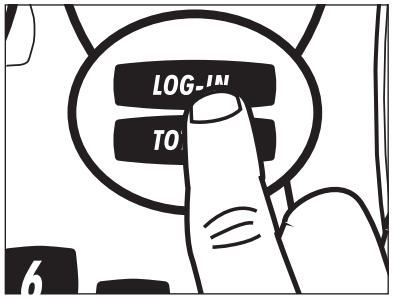
T9700HRT & SIMPLE FEATURES

USER LOG-IN

The T9700S and T9700HRT, consoles have a special feature that allows you to Log-In and save all data from your workout. To use this function follow these steps.

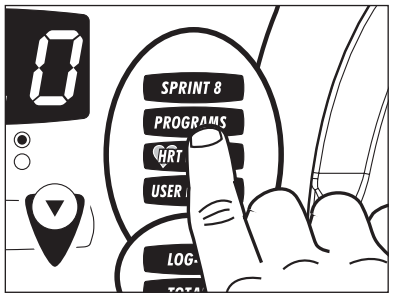
PRESS LOG-IN BUTTON

Use either set of arrow keys to choose a user I.D. number (1-10). This will appear in the Alphanumeric Message Center. Then press SELECT.



CHOOSE A PROGRAM (T9700HRT ONLY)

Select the desired program by using one of the Program Quick-Keys (see page 19 for program setup) or press START to enter the Manual mode.



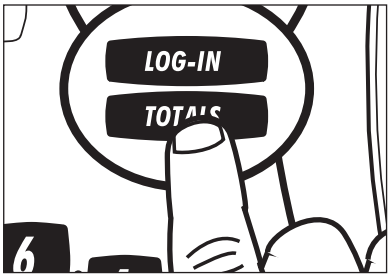
T9700HRT & SIMPLE FEATURES

USER TOTALS BUTTON

To use this function you will need to use the same User Log-In code and follow these three steps.

PRESS TOTALS BUTTON

Use either set of arrow keys to enter your User I.D. Number. This is the same number that you use to log-in before you begin working out. Then press SELECT.



TOTALS ARE DISPLAYED

Now your accumulated totals for Distance, Hours, Calories, Average Speed, and Average Pace are displayed. Press SELECT to scroll the data.

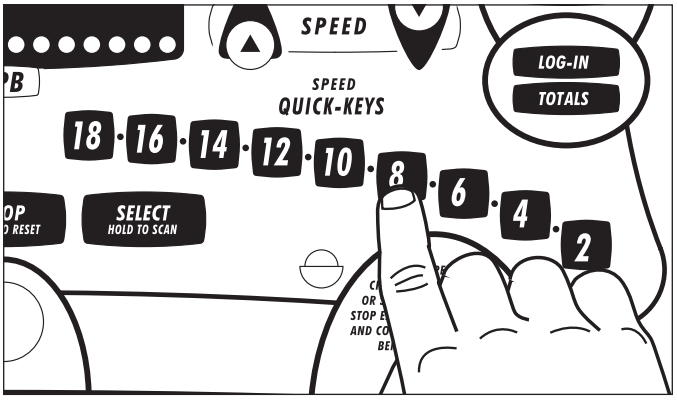
RESET USER TOTALS

When reviewing your user totals, simply press and hold the STOP key on the overlay. This will clear the user total information.

T9700HRT & SIMPLE FEATURES

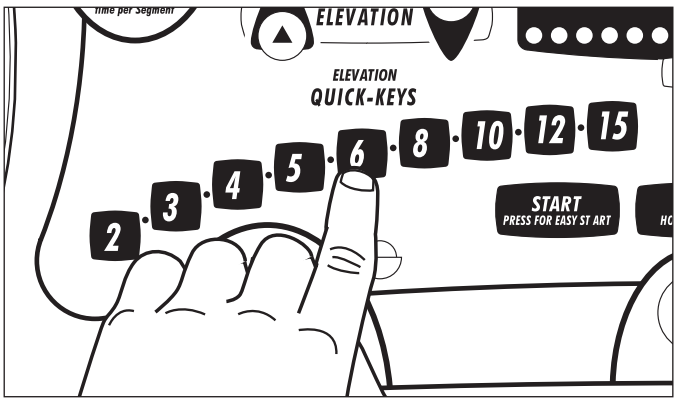
SPEED QUICK KEYS

After pressing the START button, you can change the speed of the Treadmill by pressing one of the Speed Quick Key buttons numbered 1-9. Each key represents a mile/kilometer per hour. For example, when you press 3, the Treadmill will adjust the speed to 3 mph/kmph.



ELEVATION QUICK KEYS

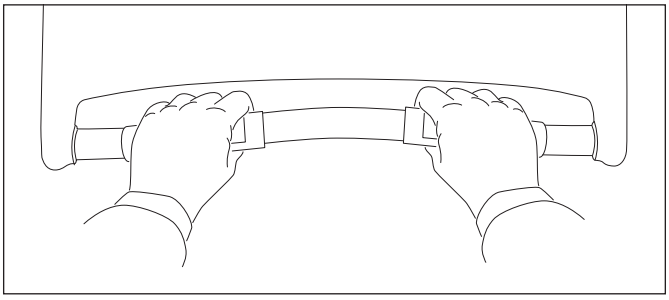
After pressing the START button, you can change the elevation of the Treadmill by pressing one of the Elevation Quick Key buttons numbered 1-9. Each key represents a % incline. For example if you press 3, the Treadmill will elevate to a 3% incline.



CONTACT HEART RATE

HAND PULSE HEART RATE SENSORS

The Contact Hand Pulse Sensors are included on this product to monitor your heart rate. To use, grasp both of the sensors with a comfortable grip during your workout. The console will display your heart rate. Although your signal will be displayed immediately, it may take the system a few seconds to zero in on your actual heart rate.

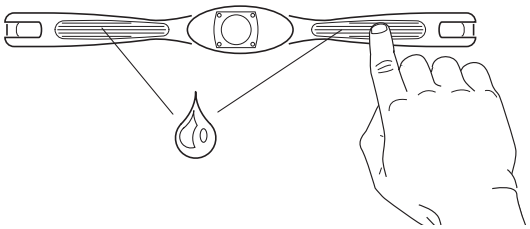


NOTE: For the Heart Rate Training programs you must use the chest transmitter. See Page 17.

CARDIO PORT

A Cardio Port is located on the back of the console that is compatible to entertainment protocol such as Cardio Theater. The top port is the active port to use for this function.

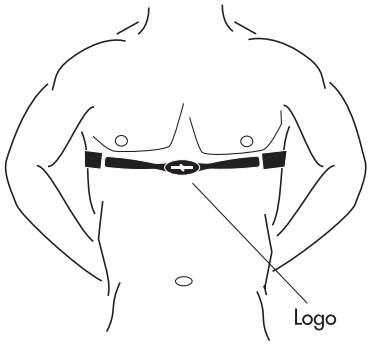
Prior to wearing the Strap on your chest, moisten the two rubber contact pads with several drops of water and spread about with your fingers.



USING THE WIRELESS CHEST TRANSMITTER

Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the VISION FITNESS logo facing out.

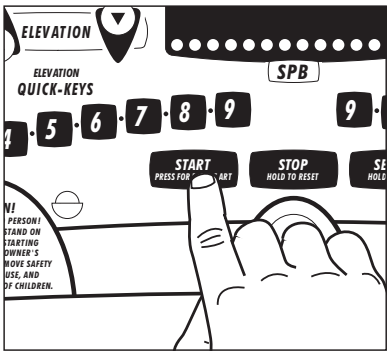
Adjust the elastic strap length to avoid bouncing or sliding.



INTRODUCTION TO T9700S

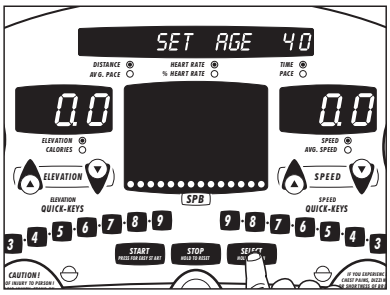
EASY START

To start the T9700S, simply press START; the Treadmill will start and Time will count up.



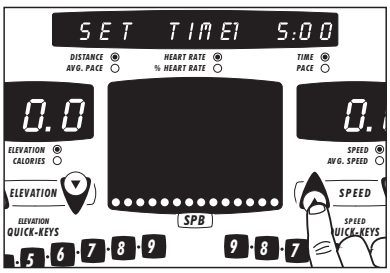
ENTER AGE

Set your age using either set of arrow keys. Press SELECT. Your age is used to determine your predicted maximum heart rate.



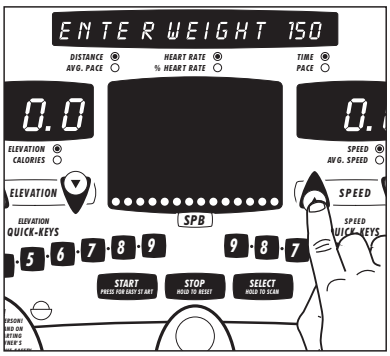
CHOOSING A TIME

Choose Time using either set of arrow keys and press SELECT. Time will count down.



ENTERING YOUR WEIGHT

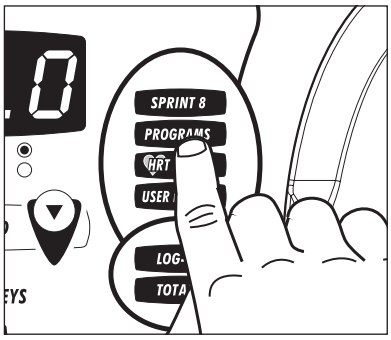
Enter weight using either set of arrow keys and press START. The Alphanumeric Message Center window will display the weight. After you press START the dot matrix will display a 3,2,1 count down and “beep”. The belt will start moving after the count down.



T9700HRT FEATURES

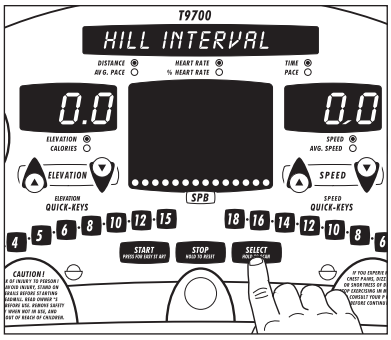
PROGRAM QUICK-KEYS

We have made choosing a program simple and easy with our program Quick-Key feature. All you need to do is select one of the keys and you are on your way. The SPRINT 8 button takes you directly to that program. PROGRAMS, HRT® PROGRAMS, and USER PROGRAMS are categories. Select these buttons and use the arrow keys to select your desired program.



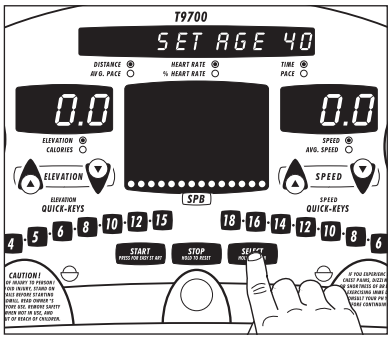
CHOOSE A PROGRAM

Once a program category is selected, use either set of arrow keys to choose a program. Press SELECT.



ENTER AGE

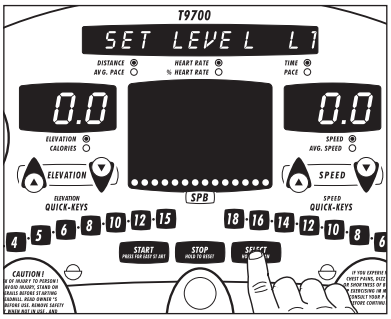
Set your age using either set of arrow keys. Press SELECT. Your age is used to determine your predicted maximum heart rate.



T9700HRT FEATURES

CHOOSING A LEVEL

Choose level using arrow keys and press SELECT. The elevation & speed window will display the programs maximum elevation & speed. The Alphanumeric Message Center will also display "LEVEL1", etc..



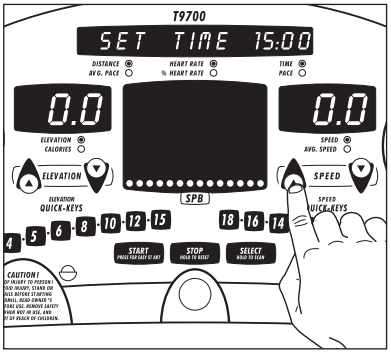
PROGRAM LEVELS

Most programs have 10 levels and SPRINT 8 has 17 levels. By having multiple levels to chose from, you can change the intensity of your workout as your fitness level improves. In general the beginner levels have lower level numbers and the most advanced levels have higher level numbers. For example, L17 will be the most advanced workout and L1 will be the beginner level. If you are not sure what fitness level you are at, you should start out at a lower level and work up to a comfortable level.

NOTE: All the programs can provide an aerobic and cardiovascular benefit in addition to the specific benefits listed.

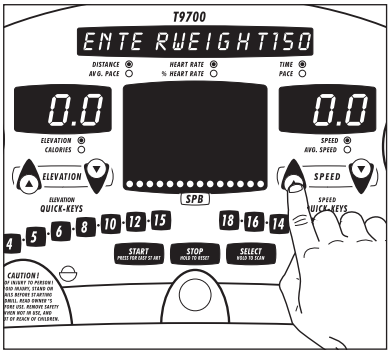
CHOOSING A TIME

Choose Time using either set of arrow keys and press SELECT. The Time window will blink to let the user know what time they have input.



ENTERING YOUR WEIGHT

Enter weight using either set of arrow keys and press SELECT. The Alphanumeric Message Center window will display the weight. After you press START the dot matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



T9700HRT PROGRAM DETAILS

SPRINT 8 • ELEVATION & SPEED CHANGES

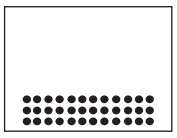
SPRINT 8 is an anaerobically-based interval program. It is effective in recruiting fast twitch muscle fibers and improving athletic performance. Medical research supports that this type of exercise will help combat somatopause, which inflicts adults in middle-age and is signified by weight gain, muscle loss, wrinkled skin, and lack of energy. See Page 23 for SPRINT 8 program details.

MANUAL

Customized workouts; with no default Time.

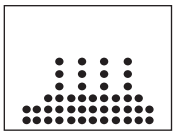
MUSCLE TONER • ELEVATION CHANGES

Improves your strength, speed, and endurance by raising and lowering the elevation throughout your workout to involve both your heart and muscles; Time defaults to 30 minutes.



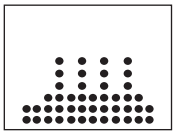
SPEED INTERVALS • SPEED CHANGES

Promotes weight loss by raising and lowering your speed level while still keeping you within your fat burning zone; Time defaults to 30 minutes.



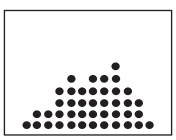
5K • ELEVATION CHANGES

Improves your cardiovascular training by simulating a 5K run with hills; no preset time with elevation changes.



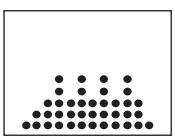
FAT BURNER • SPEED AND ELEVATION CHANGES

Promotes fat burning by raising and lowering your speed and elevation level while still keeping you within your fat-burning zone; Time defaults to 30 minutes.



PACER

You race against the console. Set your race distance and beat the Pacer! (See page 24 for program details)



USING THE SPRINT 8 PROGRAM

The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of Ready, Set, GO! SYNERGY FITNESS. Please go to Mr. Campbell's website, www.readysetgofitness.com, for more details about this radical new approach to fitness.

The SPRINT 8 program features intense sprint intervals followed by recovery intervals. The program includes the following phases:

1. WARM-UP (3 minutes) should gradually increase your heart rate and increase respiration and blood flow to working muscles.
The warm-up is controlled by the user to meet your specific needs.

2. INTERVAL TRAINING (14:30) starts immediately after the warm-up with a 30-second sprint interval; changing both speed and elevation. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The sprints will increase speed and elevation at the 3rd and 5th interval. The recovery speed is about 2–3 mph slower than your sprint and the recovery elevation is 0. You can alter your speed using the Speed Quick Keys or SPEED UP and DOWN arrows. To adjust the elevation; simply use the Elevation Quick Keys or ELEVA TION UP and DOWN arrows.

3. COOL-DOWN (2:30) helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

In order to keep track of each segment/interval, the segment time is counted down in the timer. It takes only 20 minutes to complete the SPRINT 8 workout.

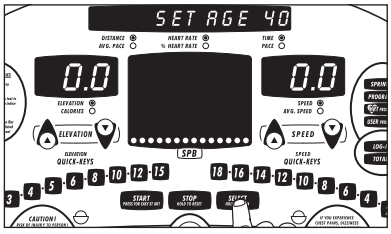
T9700HRT

PACER PROGRAM DETAILS

This is a motivational program that allows you to race against the console. You determine the speed of the pacer and the distance of the workout. You control you own speed and elevation throughout the program. The top row of dots is the pacer. You are the blinking dots in the middle row of the dot matrix profile. The dot matrix will keep track of your progress. The time of the program will depend on how long it takes you to complete the distance. The program will not end until you have completed the distance.

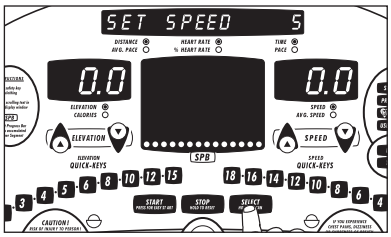
ENTER AGE

Set your age using either set of arrow keys. Press SELECT. Your age is used to determine your predicted maximum heart rate.



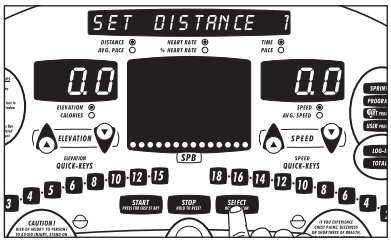
CHOOSING PACER SPEED

Use either set of arrow keys to select the Pacer speed. Press SELECT to enter. This will be a consistent speed throughout the workout.



CHOOSING DISTANCE

Set the goal distance by using either set of arrow keys to select the Pacer distance. Press SELECT to enter.



SET WEIGHT

Set your weight using either set of arrow keys. Press SELECT to enter. By entering weight, the totals for calories will be adjusted according to your entered weight.

STARTING

When you are ready to begin, press START.

T9700HRT HEART RATE TRAINING

HRT® WEIGHT LOSS (65% OF PREDICTED MAXIMUM HEART RATE) • ELEVATION ONLY

Program default is 30:00 minutes

The HRT® WEIGHT LOSS program is designed to maintain you at 65% of your predicted maximum heart rate. The Treadmill has a 2 minute warm up time. During the warm up you will control both speed and elevation. After 2:00 the Treadmill will control the elevation to bring you to your target heart rate. Once you are +/– 5 beats per minute (BPM) of your target heart rate the Treadmill will beep and the program time will begin to count down. You will have control of the speed throughout the program.

HRT® CARDIO (80% OF PREDICTED MAXIMUM HEART RATE) • ELEVATION ONLY

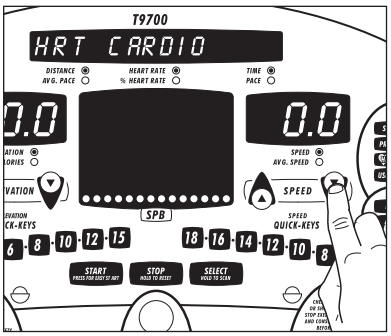
Program default is 30:00 minutes

The HRT® CARDIO program is designed to maintain you at 80% of your predicted maximum heart rate. The Treadmill has a 2 minute warm up time. During the warm up you will control both speed and elevation. After 2:00 the Treadmill will control the elevation to bring you to your target heart rate. Once you are +/– 5 beats per minute (BPM) of your target heart rate the Treadmill will beep and the program time will begin to count down. You will have control of the speed throughout the program.

NOTE: Follow the instructions below for program setup or follow the instructions on the Alphanumeric Message Center.

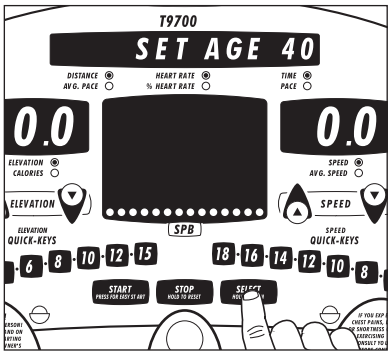
CHOOSE THE HRT® WEIGHT LOSS & HRT® CARDIO

Press the HRT® PROGRAMS button. Use either set of arrow keys to choose ***"HRT WEIGHT LOSS"*** or ***"HRT CARDIO"***. Press SELECT.



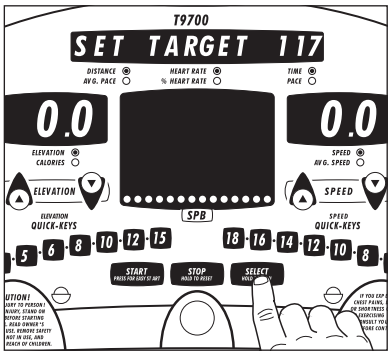
ENTER AGE

Set your age using either set of arrow keys. Press SELECT to nter. Your age is used to determine your predicted maximum heart ate.



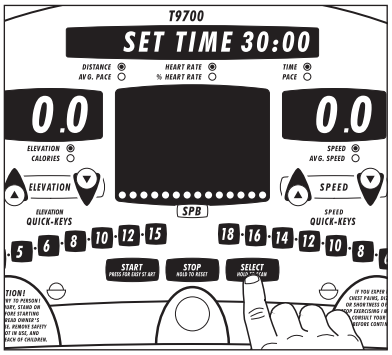
ENTER TARGET HEART RATE

You can change the target heart rate by using either set of arrow keys, enter your Target Heart Rate and press the SELECT button.



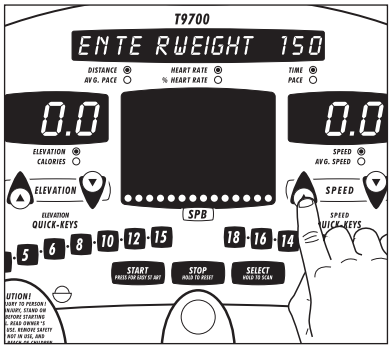
CHOOSE PROGRAM TIME

After you have chosen your target heart rate, the time window will show the program default time of 30:00. You may change the Time, using either set of arrow keys. Press the SELECT button to enter your Time. The Minimum Time for this program is 5 minutes. If you are ready to begin exercising, press the START button. Optionally, if you wish to enter your weight, proceed to the next step.



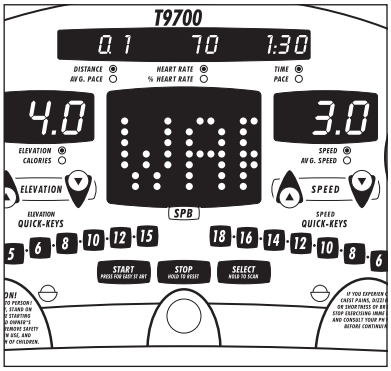
ENTERING YOUR WEIGHT

Enter weight using either set of arrow keys. The Alphanumeric Message Center window will display the weight. Press START to begin. After you press START the dot matrix will display a 3,2,1 count down and “beep”. The belt will start after the count down



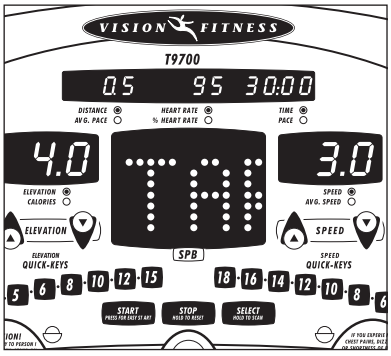
WARM-UP MODE

Now the Treadmill is in the 2:00 manual warm up mode. You are now in control of both the speed and elevation to reach your target Heart Rate Zone. Once a steady Heart Rate within +/- 5 Beats Per Minute of your entered Target Zone is found, the console will beep 3 times and then enter the Heart Rate Training mode.



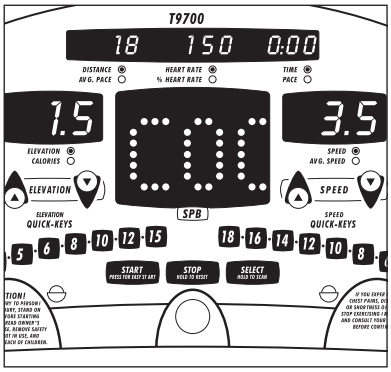
PROGRAM MODE

Now the Treadmill will automatically adjust your elevation to keep you in your Target Zone. This will repeat throughout the program.



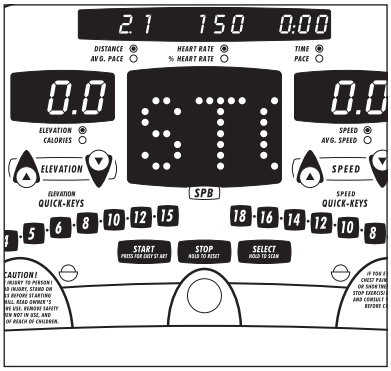
COOL-DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down". This is to let you know that your program has ended. You are now in a manual mode cool down and have control of the Speed and Elevation. This lets you cool down at your own pace.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the Treadmill will stop.



NOTES FOR YOUR HEART RATE TRAINING PROGRAMS

• If there is no Heart Rate detected, the Treadmill will not speed up or down or elevate.

• If the Heart Rate detected is higher than the Target Zone by 10 BPM the console will "beep" 4 times to warn the user.

• If the Heart Rate detected is higher than the Target Zone by 15 BPM, the console will "beep" 4 times, stop, and then continue beeping 4 times again and the same process will repeat 5 times.

• If the user's Heart Rate is 20 beats over their Target Zone, the Treadmill will Shut Down.

NOTE: At all times the speed and elevation keys are operative for the user.

T9700HRT

HRT® ENDURANCE • SPEED & ELEVATION

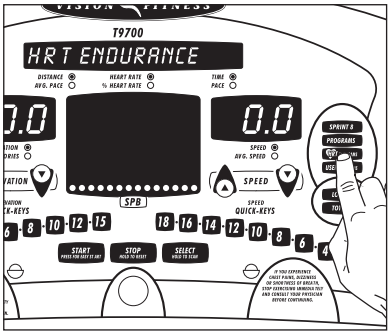
Program default is 30:00 minutes

The Treadmill has a manual mode warm up until you reach your Target Heart Rate. During the warm up mode you control both speed and elevation. This does not count for the program time. Once you reach your Target Heart Rate, the Treadmill now controls your Heart Rate by Speed and Elevation. The speed will be automatically adjusted first up to 1 MPH greater or less than the current Target Heart Rate Speed. After the console automatically adjusts your speed up to 1 MPH more or less than the Target Heart Rate Speed, the elevation will take over and adjust your elevation to keep you in your Target Zone. This will repeat throughout the program.

NOTE: You can follow these instructions below or you can use the scrolling instructions in the Alphanumeric Message Center.

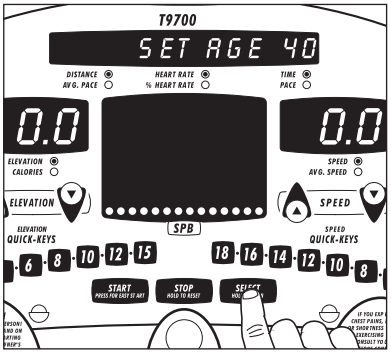
CHOOSE THE HRT® ENDURANCE PROGRAM

Press the HRT® PROGRAMS button. Use either set of arrow keys to choose ***"HRT ENDURANCE"***. Press SELECT to enter.



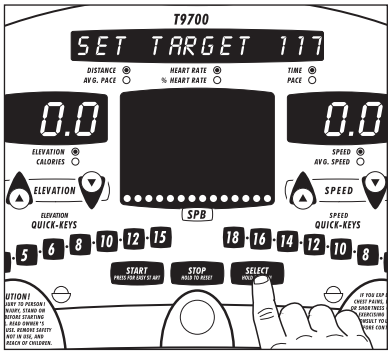
ENTER AGE

Set your age using either set of arrow keys. Press SELECT to enter. Your age is used to determine your predicted maximum heart rate.



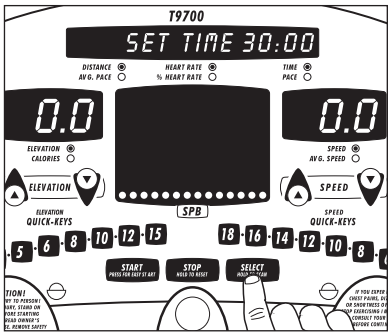
ENTER TARGET HEART RATE

(See Page 39 to determine your recommended Target Heart Rate.) Using either set of arrow keys, enter your Target Heart Rate and press the SELECT button.



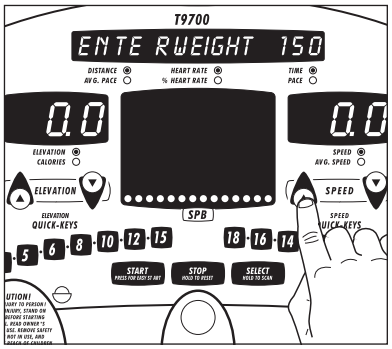
CHOOSE PROGRAM TIME

After you have chosen your Target Heart Rate, the time window will show the program default time of 30:00. You may change the Time, using either set of arrow keys. Press the SELECT button to enter your Time. The Minimum Time for this program is 5 minutes. If you are ready to begin exercising, press the START button. Optionally, if you wish to enter your weight, proceed to the next step.



ENTERING YOUR WEIGHT

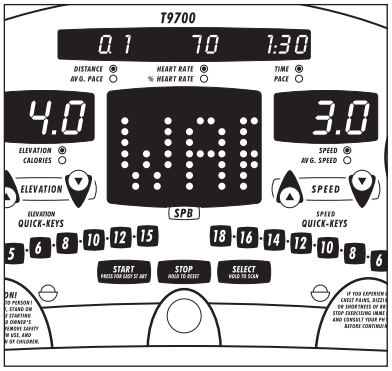
Enter weight using either set of arrow keys. The Alphanumeric Message Center window will display the weight. Press START to begin. After you press START the dot matrix will display a 3, 2,1 count down and "beep". The belt will start after the count down



WARM-UP MODE

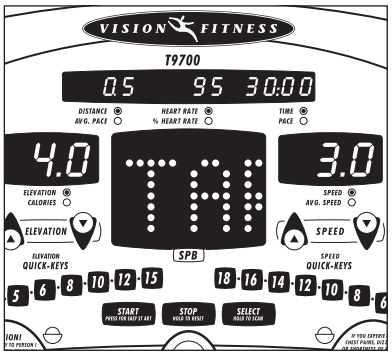
Now the Treadmill is in the manual warm up mode. You are now in control of both the speed and elevation to reach your target Heart Rate Zone. Once a steady Heart Rate within +/- 5 Beats Per Minute of your entered Target Zone is found, the console will beep 3 times and then enter the Heart Rate Training mode.

NOTE: The dot matrix window will scroll: "Target Heart Rate Achieved"



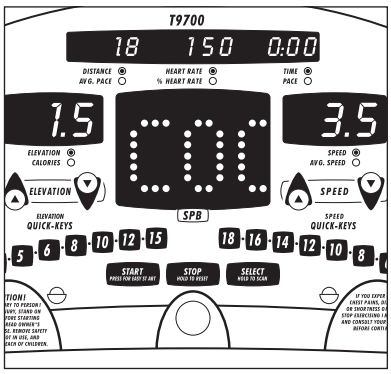
PROGRAM MODE

Now the Treadmill will automatically adjust your speed and elevation to keep you in your Target Zone. This will repeat throughout the program. It will adjust speed first, then elevation. Never both at the same time.



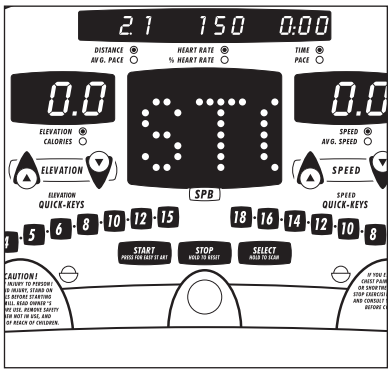
COOL-DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down". This is to let you know that your program has ended. You are now in a manual mode cool down and have control of the Speed and Elevation. This lets you cool down at your own pace.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the Treadmill will stop.



NOTES FOR YOUR HEART RATE TRAINING PROGRAMS

• If there is no Heart Rate detected, the Treadmill will not speed up or down or elevate.

• If the Heart Rate detected is higher than the Target Zone by 10 BPM the console will "beep" 4 times to warn the user.

• If the Heart Rate detected is higher than the Target Zone by 15 BPM, the console will "beep" 4 times, stop, and then continue beeping 4 times again and the same process will repeat 5 times.

• If the user's Heart Rate is 20 beats over their Target Zone, the Treadmill will Shut Down.

NOTE: At all times the speed and elevation keys are operative for the user.

T9700HRT

HRT® INTERVAL • SPEED ONLY

Program default is 30:00 minutes

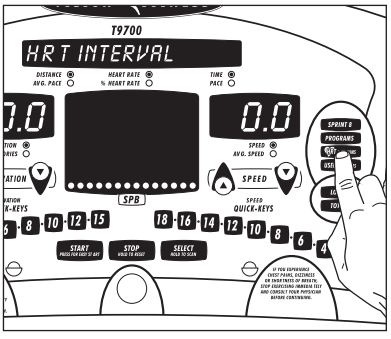
The HRT® INTERVAL has a manual warm up mode until you reach 85% of your target heart rate. During this warm up you control both speed and elevation. Once you reach 85% of your target heart rate, the Treadmill will control the speed to reach your work interval of 95%–100% of your target heart rate. The first 2 work intervals are 95% of your target heart rate and the remaining work intervals are 100% of your target heart rate. The work interval lasts for 1 minute from the time you reached the work interval heart rate. At the end of the one minute work interval the Treadmill will begin the recovery interval; adjusting the speed to bring you back to 85% of your target heart rate. The program will repeat the work interval/recovery interval until the program time is complete. The chart below displays the intervals.

WARM UP	WORK INTERVAL	RECOVERY INTERVAL	WORK INTERVAL	RECOVERY INTERVAL	WORK INTERVAL	RECOVERY INTERVAL
USER CONTROLS SPEED AND ELEVATION TO 85% OF TARGET HEART RATE	95% OF TARGET HEART RATE	85% OF TARGET HEART RATE	95% OF TARGET HEART RATE	85% OF TARGET HEART RATE	100% OF TARGET HEART RATE	85% OF TARGET HEART RATE

REPEAT WORK INTERVAL AT 100% TARGET HEART RATE & RECOVERY INTERVAL AT 85% TARGET HEART RATE UNTIL TIME RUNS OUT

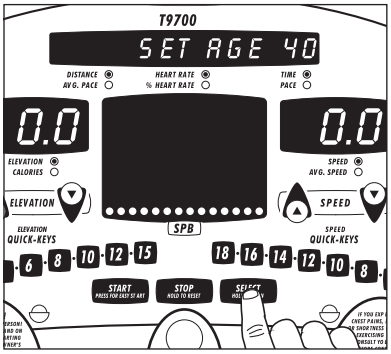
CHOOSE THE HRT INTERVAL PROGRAM

Press the HRT® PROGRAMS button. Use either set of arrow keys to choose "HRT INTERVAL". Press SELECT to enter.



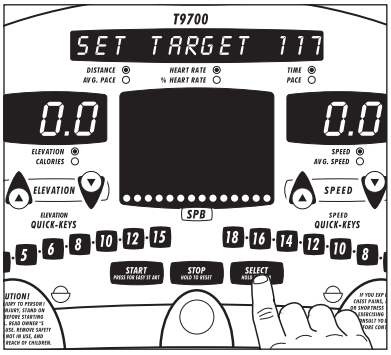
ENTER AGE

Set your age using either set of arrow keys. Press SELECT to enter. Your age is used to determine your predicted maximum heart rate.



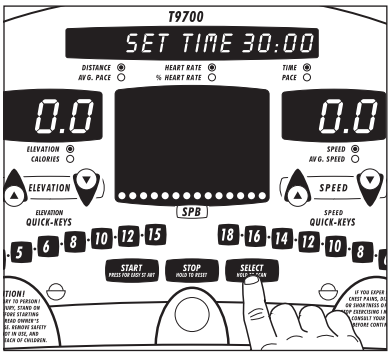
ENTER TARGET HEART RATE

(See Page 39 to determine your recommended Target Heart Rate.) Using either set of arrow keys, enter your Target Heart Rate. This will be the maximum effort interval. Press SELECT.



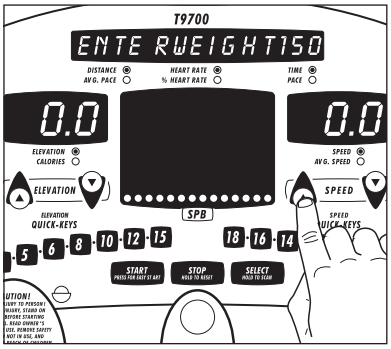
CHOOSE PROGRAM TIME

After you have chosen your target heart rate, the time window will show the program default time of 30:00. You may change the Time, using either set of arrow keys. Press the SELECT button to enter your Time.



ENTERING YOUR WEIGHT

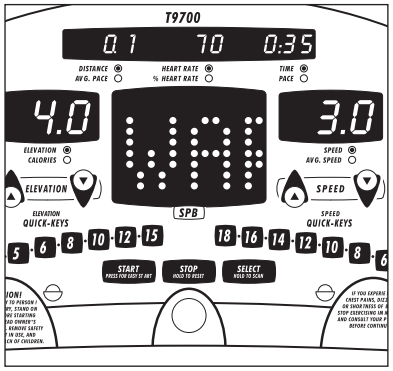
Enter weight using either set of arrow keys. The Alphanumeric Message Center window will display the weight. Press START to begin. After you press START the dot matrix will display a 3,2,1 count down and “beep”. The belt will start after the count down



WARM-UP MODE

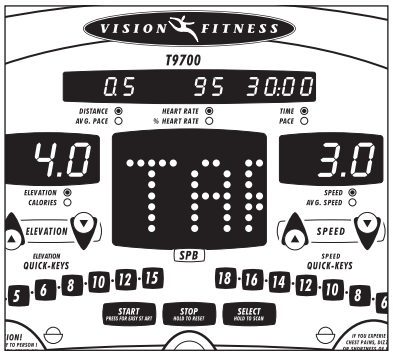
Now the treadmill is in the manual warm up mode. You are now in control of both the speed and elevation to reach 85% of your target heart rate. Once a steady Heart Rate within +/- 5 Beats Per Minute of your entered Target Zone is found, the console will beep 3 times and then enter the Heart Rate Training mode.

NOTE: The dot matrix window will scroll: "Target Heart Rate Achieved"



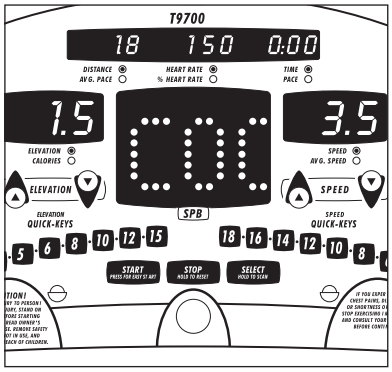
PROGRAM MODE

Now the Treadmill will automatically adjust the speed to reach your recovery heart rate and your work interval heart rate. This will repeat throughout the program.



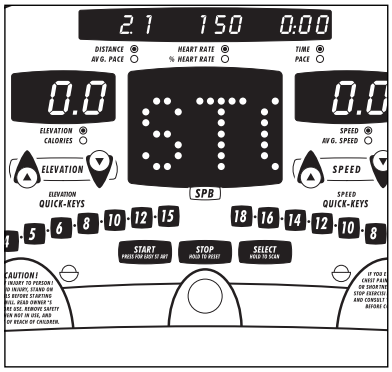
COOL-DOWN MODE

After you have completed your timed workout, the console will display: “Cool Down”. This is to let you know that your program has ended. You are now in a manual mode cool down and have control of the Speed and Elevation. This lets you cool down at your own pace.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the Treadmill will stop.



NOTES FOR YOUR HEART RATE TRAINING PROGRAMS

• If there is no Heart Rate detected, the Treadmill will not speed up or down or elevate.

• If the Heart Rate detected is higher than the Target Zone by 10 BPM the console will “beep” 4 times to warn the user.

• If the Heart Rate detected is higher than the Target Zone by 15 BPM, the console will “beep” 4 times, stop, and then continue beeping 4 times again and the same process will repeat 5 times.

• If the user’s Heart Rate is 20 beats over their Target Zone, the Treadmill will Shut Down.

NOTE: At all times the speed and elevation keys are operative for the user.

GENERAL HEART RATE TRAINING RECOMMENDATIONS

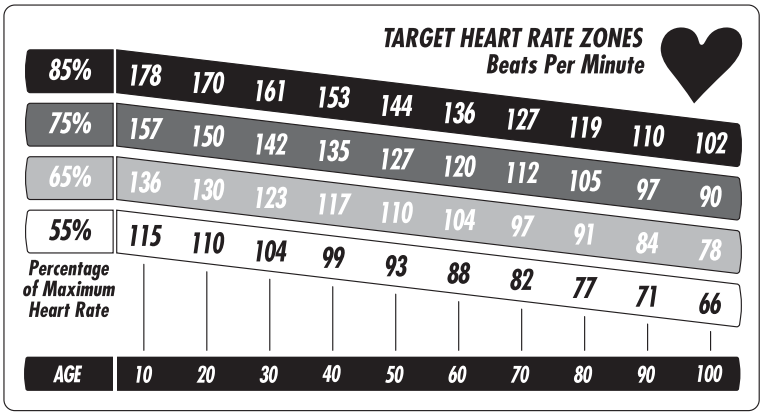
To use the Heart Rate Training Program, it is important to determine your Target Heart Rate, using the chart below. After determining your Target, you should use the Treadmill in MANUAL mode to see if the Target you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your Target is too low or too high, keep using the Treadmill in the MANUAL mode until you feel comfortable during your workout; then you can begin using the Heart Rate Training Program.

EXERCISE INTENSITY

To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The two ways to monitor exercise intensity are Target Heart Rate, and Perceived Exertion.

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.



RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (R.P.E.) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently RPE can be used alone or together with heart rate when monitoring exercise intensity.

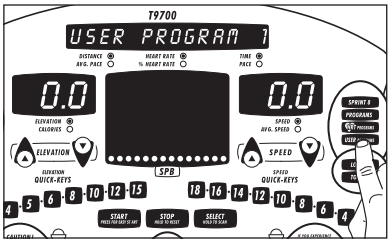
RPE SCALE

0 Nothing at all
.5 Very, very weak
1 Very weak
2 Weak
3 Moderate
4 Somewhat strong
5 Strong
6
7 Very strong
8
9
10 Very, very, strong
Maximal

The recommended RPE range for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace; it is dependent on the feelings caused by the exertion.

USER PROGRAMS 1-3

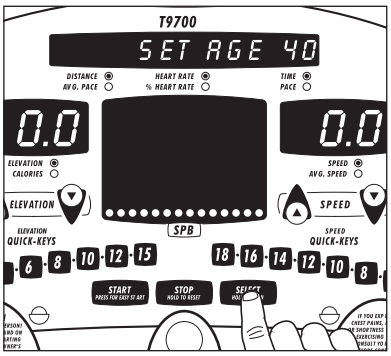
Design your own Programs by setting the desired Speed and Elevation. User Programs have 20 intervals. By designing your own programs you now can control your fitness goals workout by workout. This allows you to modify your training based on certain events or milestones you may have set for yourself.



PROGRAM DETAILS

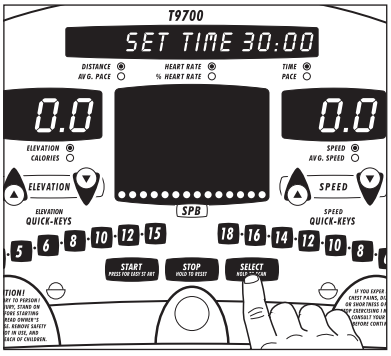
PROGRAMMING A USER PROGRAM

Select a user program by pressing the User Program button.Use either set of arrow keys to choose ***"USER PROGRAMS 1, 2, OR 3"***. Press SELECT to enter.



ENTER AGE

Set your age using either set of arrow keys. Press SELECT to enter. Your age is used to determine your predicted maximum heart rate.

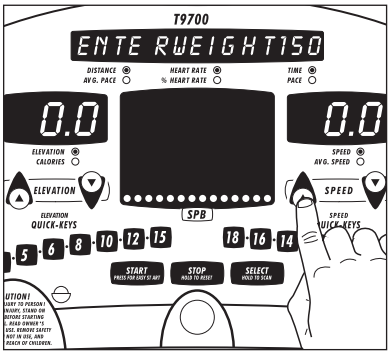


ENTER PROGRAM TIME

Enter Time using either set of arrow keys, then press the SELECT button to save total workout time.

ENTERING YOUR WEIGHT

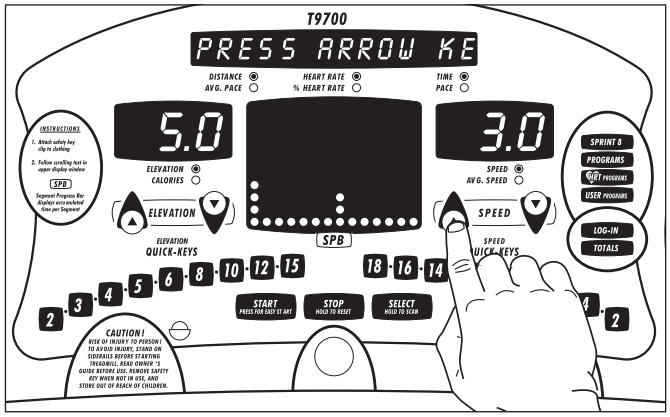
After you have entered time, you may now enter your Weight. By entering your Weight, the totals for Calories will be adjusted according to your entered Weight.



ENTER SEGMENT SPEED AND ELEVATION

The #1 column will blink. Press the SPEED arrow keys to change the speed segment column (Speed numeric values changing with red column). Press ELEVATION arrows to change the elevation segment column (Elevation numeric values changing with orange column)

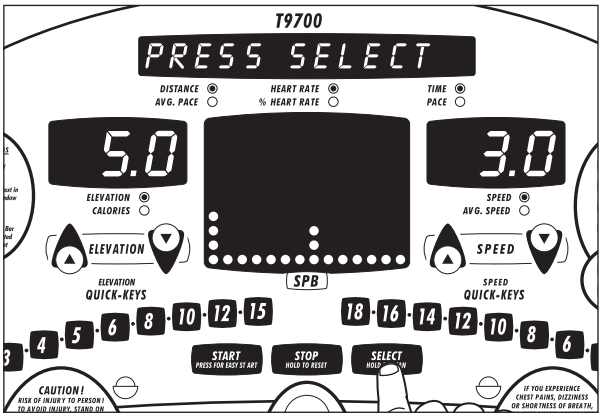
NOTE: The Alphanumeric Message Center will scroll: ***"PRESS ARROW KEYS TO SELECT SPEED AND ELEVATION. PRESS SELECT TO ENTER ."***



SAVING SEGMENT DATA

Press the SELECT button to store Speed and Elevation, then proceed to the next column.

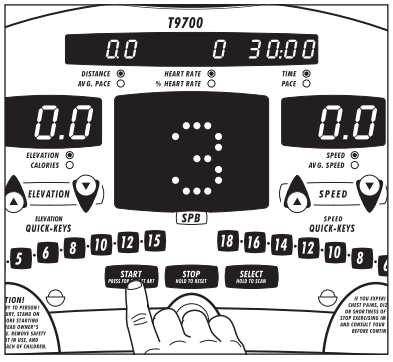
NOTE: Repeat entering segment speed and segment elevation until all 20 segments are completed.



BEGINNING WORKOUT

Begin exercising in your new Custom Program by pressing the START button.

NOTE: This program will be saved permanently and may be changed by repeating the steps above.



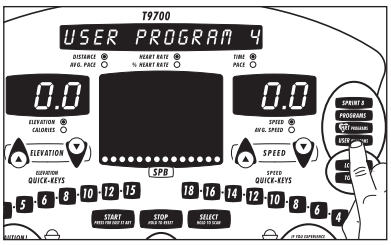
USER PROGRAMS 4 AND 5 - USER LEARN

User Programs 4 and 5 are special custom programs that allow you to save the data from your favorite workouts. The Treadmill will record the changes you make during your workout and store them to the selected program. Simply follow the instructions below.

PROGRAM DETAILS

SELECT PROGRAM

Select User Program 4 or 5 by pressing the USER PROGRAMS button. Use either set of arrow keys to choose ***"USER PROGRAM 4"*** or ***"USER PROGRAM 5"***. Press and hold SELECT until console beeps to enter.



ENTER PROGRAM

You can enter a pre-program or the manual program. The Heart Rate Training programs will not operate under User Program 4 and 5. Follow the steps to set up a program starting on page 22.

START

Once you have finished with program set up you are ready to begin. Press START to begin. The program will save data every 10 seconds and the maximum program time is 99 minutes. When you are finished press STOP.

SAVE PROGRAM

After you press STOP you can save your program. The alphanumeric message center will say ***"PRESS SELECT TO SAVE USER PROGRAM"***. Press and hold SELECT until console beeps to save the program. The alphanumeric display will say ***"USER PROGRAM SAVED"***. Your program is now saved.

REPLAY USER LEARN

To use you User Learn program, simply select User 4 or User 5 and press SELECT. Do not hold the SELECT button or your data will be lost. When you are ready to begin, press START.

SAVE OVER USER LEARN PROGRAM

You can save over a User Learn program. Go to the User Programs button and press SELECT. Use the arrow keys to select User 4 or User 5. Press and hold SELECT until the console beeps. You can now set up another User Learn program by following the program instructions, starting with ENTER PROGRAM.

USER ENGINEERING MODE

Your Treadmill offers a User Engineering Mode that can access certain data and help to troubleshoot your Treadmill. User Engineering Mode is designed for you to access functions that will not affect important Treadmill settings. To access this mode please hold down SPEED DOWN and SELECT for 5 seconds while the Treadmill is in any state of setting up a program. ***"USER ENG"*** displays in the alphanumeric window. Press SELECT. To access the data press either set of arrow keys to scroll through the available data/functions. To select the data/function, press and hold SELECT. To exit, press STOP.

P6 - UNITS

P6 represents units, English or Metric. You can select this configuration for your Treadmill.

The Treadmill configuration appears in the dot matrix. If "MI" is shown, the Treadmill is configured in English units (miles/mph); "KM" represents a Metric configuration (kilometers/kph). Press the SPEED arrows to toggle between English and Metric.

In order to save the modified value, press and hold SELECT. Note that changing units does affect the stored value of weight and clears any stored user programs. Changing units may also require you to perform auto-calibration.

P7 - MAX TIME

P7 represents maximum time. You can modify the time by using either set of arrow keys. Press and hold SELECT to enter.

P8 - DEFAULT WEIGHT

P8 represents default weight. Weight appears in the alphanumeric window. To modify weight, press the SPEED arrow keys. To save the new default weight, press SELECT prior to exiting. If Units is modified immediately prior, weight defaults to 150 lbs. or 68 kg.

P9 - ACCUMULATED TIME

P9 represents accumulated time, in hours. This information can not be modified. To exit, press STOP.

P10 - ACCUMULATED DISTANCE

P10 represents accumulated distance, in either miles or kilometers. This information can not be modified. To exit, press STOP.

P14 - PAUSE TIME

P14 represents pause time. You can modify the pause time from 20 seconds to 10 minutes by using either set of arrow keys. Press and hold SELECT to enter.

P15 - DEFAULT TIME

P15 represents default time. You can modify the default time from 10–99 minutes by using either set of arrow keys. Press and hold SELECT to enter.

P16 - DEFAULT AGE

P16 represents default age. You can modify the default age by using either set of arrow keys. The default age is 40. Press and hold SELECT to enter.

P17 - ELEVATION ERRORS

P17 allows you to clear an elevation error. This will allow you to operate the Treadmill without elevation. Press and hold SELECT to clear.

P18 - SCROLL SPEED

P18 represents the text speed for the alphanumeric display. The default number is 2. You can change the text speed by using the down arrow to change the number from 1 to 5. One is the fastest and five is the slowest. Press and hold SELECT to enter.

P19 - DECK LUBRICATION MESSAGE

P19 represents whether the service message for deck lubrication has been enabled. If enabled, a “1” appears in the alphanumeric display. Otherwise, a “0” appears if disabled.

To disable the message, you must press one of the SPEED keys so that a “0” appears in the right window. Then press SELECT to save prior to exiting. To exit, press STOP.

P20 - CLEAN TREADMILL MESSAGE

P20 represents whether the service message for clean treadmill has been enabled. If enabled, a “1” appears in the alphanumeric display. Otherwise, a “0” appears if disabled.

To disable the message, you must press one of the arrow keys so that a “0” appears in the right window. Then press SELECT to save prior to exiting. To exit, press STOP.

P21 - CHECK MOTOR BRUSHES MESSAGE

P21 represents whether the service message for check motor brushes has been enabled. If enabled, a “1” appears in the alphanumeric display. Otherwise, a “0” appears if disabled.

To disable the message, you must press one of the arrow keys so that a “0” appears in the right window. Then press SELECT to save prior to exiting. To exit, press STOP.

AUTO-CALIBRATION

DO NOT STAND ON THE BELT WHEN PERFORMING THE AUTO-CALIBRATION!

You need to access User Engineering Mode to run the Auto Calibration. To access this mode, please hold down SPEED DOWN and SELECT for 5 seconds. When in the User mode, ***"USER ENG"*** appears in the alphanumeric window. Press SELECT. To access the data press either set of arrow keys until ***"AUTO-CALIBRATION"*** appears. Press SELECT.

To begin auto-cal, press START. The Treadmill will run through minimum and maximum speed and maximum incline. This will take 3-5 minutes. Let the Treadmill perform this complete function before exiting the Engineering Mode.

" E N D " will appear when the auto-calibration is complete. The Treadmill will come to a complete stop and return to the start-up screen in the alphanumeric window.

P22 - EXIT USER ENGINEERING MODE

P22 represents exit mode. When you press SELECT, the console performs a reboot, returning to program setup.

TROUBLESHOOTING YOUR TREADMILL

Our Treadmills are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

PROBLEM: The Console does not light up.
SOLUTION: Check to make sure the Treadmill is connected to a functioning outlet, and that the Treadmill is turned on.

PROBLEM: The Treadmill's built-in circuit breaker trips repeatedly, shutting-off for no apparent reason.
SOLUTION: The lubricating wax coating on the deck is wearing down and needs to be replenished; contact your VISION FITNESS retailer.

PROBLEM: The Treadmill shuts off when elevated.
SOLUTION: Check to make sure that the power cord is not stretched so tight that when the Treadmill is elevated the cord is pulled out of the wall outlet.

PROBLEM: The running belt does not stay in the center of the Treadmill when you are running on it.
SOLUTION: 1) Check to make sure the Treadmill is level. 2) The running belt is loose and needs to be properly tensioned (see Page 52 for proper procedure).

PROBLEM: The belt moves within 1/4" of — but does not touch — the side rail.
SOLUTION: There is nothing wrong, this is normal and will not cause any damage.

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your VISION FITNESS retailer.

TROUBLESHOOTING YOUR HEART RATE MONITOR CHEST STRAP

PROBLEM: No pulse reading appears
SOLUTION: There may be a poor connection between the contact pads and skin. Remoisten electrodes.
SOLUTION: Transmitter is not properly positioned. Reposition the chest strap.
SOLUTION: Verify that the distance between transmitter and receiver is not beyond the recommended range of 36 inches/90cm.

PROBLEM: There is an erratic pulse rate.
SOLUTION: Chest strap is too loose; readjust according to directions.

NOTE: It is possible that heart rate monitors will not function properly on some people due to a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, etc. are also a major source of problems for heart rate monitors.

COMMON TREADMILL QUESTIONS

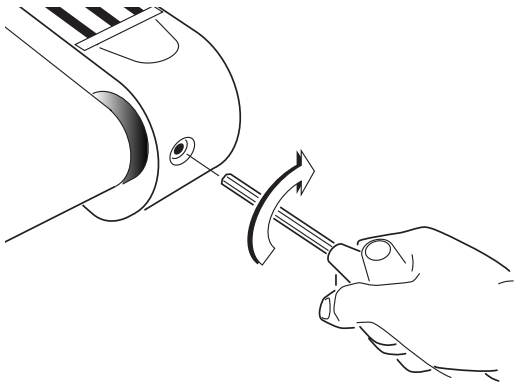
Q: Are the sounds my Treadmill makes normal?
A: All Treadmills make a certain type of thumping noise due to the belt riding over the rollers. This noise will diminish over time, although it might not totally go away. With use, the belt will stretch, causing the belt to ride more smoothly over the rollers. It might appear that one Treadmill is louder another. There are many reasons for this and may not be due to a defect.

Q: Why is the Treadmill I had delivered louder than the one at the store?
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. This is due to many acoustic differences. A number of precautions can be taken to reduce noise. For instance, a heavy rubber mat can help reduce reverberation through the floor. And finally, if a fitness product is placed close to a wall, there will more reflected noise.

Q: When should I be worried about a noise?
A: As long as the sounds your Treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your Treadmill is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

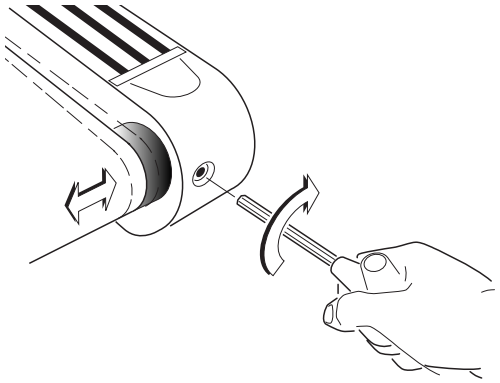
TENSIONING THE BELT

If the running belt slips when used, use the supplied 8MM Allen wrench to turn the left and right tension bolts clockwise 1/4-turn at a time until the belt no longer slips.



CENTERING THE BELT

If the running belt is too far to the right side, use the supplied 8MM Allen wrench to turn the right tension bolt clockwise 1/4-turn at a time until the belt remains centered during use.
If the running belt is too far to the left side, turn the left tension bolt clockwise 1/4-turn at a time until the belt remains centered during use.



WARRANTY

Please contact your local dealer for more details.

DEVELOPING A FITNESS PROGRAM

WARM UP

When you exercise you need more oxygen to fuel your muscles. This oxygen is carried to the muscles through blood. The increasing demands of exercise will cause increased breathing rate, heart rate, blood flow and blood temperature. As your blood temperature rises and more oxygen is released, the temperature of your muscles will increase. This allows the muscles to burn calories and create energy for exercise.

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during your workout. There is no set intensity to warm-up with. A typical warm-up will produce a small amount of perspiration, but not leave you feeling fatigued. Intensity and fitness level will affect the duration of your warm-up, but 5 to 10 minutes is usually recommended.

A gradual warm-up will do the following:

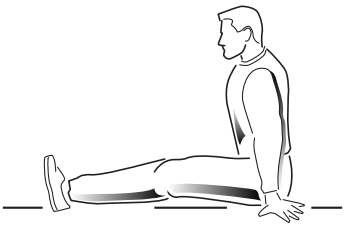
- Produce faster more forceful muscle contractions
- Increase your metabolic rate so oxygen is delivered to the working muscles more quickly
- Leads to efficient calorie burning by increasing your core body temperature
- Prevent injuries by improving the elasticity of your muscles
- Allow you to work out comfortably longer because your energy systems are able to exercise, preventing the buildup of lactic acid in the blood.
- Improves joint range of motion
- Psychologically prepares you for higher intensities by increasing your arousal and focus on exercise

FLEXIBILITY

Before stretching, take a few minutes to warm-up as stretching a cold muscle can cause injury. When stretching you should start slowly, exhaling as you gently stretch the muscle. Try to hold each stretch for at least 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch is more effective and less of a risk for injury. Don't strain or push a muscle too far. If a stretch hurts, ease up.

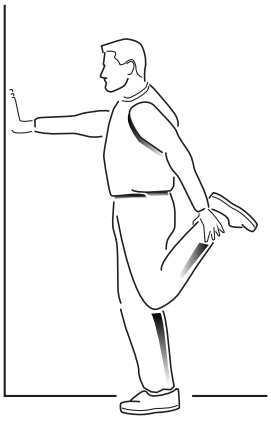
SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes exhaling as you go. Hold the stretch for 15 to 30 seconds. Return to the start position and repeat the stretch as necessary.



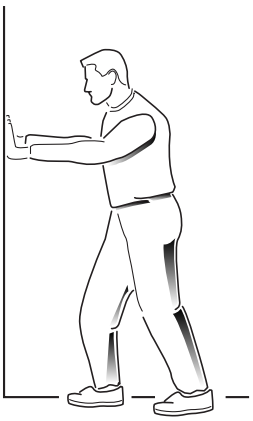
STANDING QUADRICEPS STRETCH

Using a wall or your Bike to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing to the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg and continue to alternate for amount of desired repetitions.



STANDING CALF STRETCH

Standing about 3 feet/90cm from a wall, take one step forward with your left foot. Place your hands on the wall in front of you. Your elbows slightly bent, shoulders, hips, and feet are pointed directly towards the wall. Bend your left leg slowly using the movement to control the amount of stretch in the right calf. Your heels should stay on the ground. Slowly bring yourself back to the starting position and switch legs. Alternate for the amount of desired repetitions.



EXERCISE GUIDELINES

The American Council of Sports Medicine (A.C.S.M.) recommends the following exercise guidelines, for healthy aerobic activity:

Frequency: Exercise 3 to 5 days each week.

Warm-up: Warm-up 5 to 10 minutes before aerobic activity.

Duration: Maintain your exercise intensity for 20 to 60 minutes.

Cool Down: Gradually decrease the intensity of your workout, thenstretch to cool down during the last 5 to 10 minutes.

NOTE: If weight loss is major goal, participate in your aerobic activity at least 30 minutes for five or more days each week.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your VISION FITNESS Product to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss & Maintenance
- Improve Body Shape & Tone
- Increase Energy Level
- Improve Cycling/Cross Sports Performance
- Improve Cardiovascular Endurance
- Stress Reduction
- Improve Sleep Patterns
- Improve muscular strength

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your VISION FITNESS Product console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

SAMPLE GOALS:

Goal-setting is a popular motivational technique. It's important to set goals and reward yourself when initiating a new exercise program because you're attempting to break current patterns and form a new habit. Whether you use this technique or another, make fitness a priority in your life. You can achieve the ultimate reward to yourself: you can establish the exercise habit!

Some sample goals may be:

- To strengthen my heart by exercising 24 minutes three days a week. (Goal Measurement: Exercise Time=72 minutes a week).
- To improve my body's ability to burn fat by exercising at a low intensity for 48 minutes per day, 5 days a week. (Goal Measurement: Exercise Time=240 minutes per week).
- To burn off work related stress by exercising for 20 minutes a day on work days. (Goal Measurement: Exercise Time=100 minutes per week).

KEEPING AN EXERCISE DIARY

Photocopy the weekly and annual log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

it all
starts
with a
vision

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